



10-Minute Challenge

The 10-Minute Challenge encourages employees to practice healthy behaviors by eating healthier and moving more, just 10 minutes at a time. A list of 10-Minute Tips on how to fit these behaviors into our busy lives is provided. Participants earn a point each time they practice a 10-Minute Tip. Use the log below to record points earned.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								



10-Minute Challenge Tips

Move more every day by taking 10 minutes to:

- Take more steps by parking further away from your destination.
- Crank up your favorite music and dance.
- Play fetch or take a walk with your dog.
- Be a kid again and play games like kickball, kick the can, tennis or shoot some hoops— invite friends, family or coworkers to join you.
- Ride your bike instead of driving.
- Take a walking break during lunch or ask a co-worker a question by walking over to his or her desk instead of e-mailing.
- Take the stairs instead of the elevator whenever possible.
- Avoid the drive-thru and walk inside restaurants, banks, etc. instead.

Eat healthier each day by taking 10 minutes to:

- Pick a few quick and easy recipes you will prepare for the week.
- Check your refrigerator and pantry for the ingredients you will need.
- Write a grocery list for any ingredients you are missing.
- Select snacks such as fresh fruits and vegetables from the produce aisle.
- Review the items in your grocery cart before you check out—remove anything that was not on your shopping list.
- Place leftovers in small single-serving containers for a quick meal on another day.
- Pack your lunch the night before.
- When eating out, compare the calories, fat and sodium. Many menus now include nutrition information. Check with your server if you don't see them on the menu.